



## BALTIMORE CITY COMMISSION ON AGING AND RETIREMENT EDUCATION

### NATIONAL FAMILY CAREGIVERS SUPPORT PROGRAM VIDEO LENDING LIBRARY

**The National Family Caregivers Program likes to make a difference for caregivers. As a part of our program, we will be offering videos and books in English and Spanish from the Home Care Companion Video Collection Caregiving Series for your convenience. This collection is for caregivers who want to learn more and may not be able to travel outside the home for training. The training collection will give more insight on different caregiving skills and we are pleased to announce CARE's new Family Caregiver Library.**

The following is a list of available videos for your use:

#### **HOME CARE COMPANION VIDEO COLLECTION CAREGIVING SERIES**

- |           |    |   |
|-----------|----|---|
| Volume 1  | a) | Essential Bed rest Skills                                   |
|           | b) | Hearing Loss  |
| Volume 2  | a) | Help Someone Use a Wheelchair without Hurting Yourself      |
|           | b) | Aphasia – How to Communicate                                |
| Volume 3  | a) | Infection Control   |
|           | b) | How to Communicate with Someone with Alzheimer's or Related |
| Dementia  |    |   |
| Volume 4  | a) | How to Manage Medications                                   |
|           | b) | Developing Cultural Competence                              |
| Volume 5  | a) | Fall Prevention   |
|           | b) | Caring for Someone with Mid to Late Stages of Alzheimer's   |
| Volume 6  |    | Fire Safety   |
| Volume 7  |    | Vital Signs   |
| Volume 8  |    | Personal Care   |
| Volume 9  |    | Caregiver Wellness  |
| Volume 10 |    | Elder Abuse and Neglect                                     |
| Volume 11 |    | How to Use A Mechanical Lift                                |

## QUICK TIPS FOR CAREGIVERS (book)

- Chapter 1: Prepare Yourself and Your Home
- Chapter 2: Home Care Services
- Chapter 3: The Importance of Communication
- Chapter 4: Taking Care of the Caregiver
- Chapter 5: Infection Control
- Chapter 6: Daily Home Care Activities
- Chapter 7: How to Manage Medications
- Chapter 8: Nutrition
- Chapter 9: How to Help Someone who uses a Wheel Chair
- Chapter 10: Fall Prevention
- Chapter 11: Fire Safety
- Chapter 12: Elder Neglect and Abuse

Each individual will be allowed to rent two videos at a time for a two week period. If you are interested in renting any of the available videos or books, please [complete the attached application](#) and mail to:

**CARE, Attn: LaTonya Santiful, 10 N. Calvert St., Ste. 300, Baltimore, MD 21202.**

All rentals must be returned by mail or in person two weeks after the date of rental or you will be billed for damaged or unreturned tapes.



**Baltimore City**  
**Sheila Dixon, Mayor**  
**John P. Stewart, Executive Director**  
**Allan D. Jensen, MD, Chair, CARE Commissioners**